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### Achieving recommended intakes of fruits and vegetables is largely unaffordable for urban households in Port Vila, Vanuatu

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## **Achieving recommended intakes of fruits and vegetables is largely unaffordable for urban households in Port Vila, Vanuatu**

### **Abstract**

Abstract of a presentation that was present at the NSA 2014 Annual Scientific Meeting, 26-28 November, Hobart, Australia.

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**ACHIEVING RECOMMENDED INTAKES OF FRUITS  
AND VEGETABLES IS LARGELY UNAFFORDABLE  
FOR URBAN HOUSEHOLDS IN PORT VILA, VANUATU**

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**Background/Aims:** To determine the affordability of meeting the World Health Organization (WHO) recommended intake of at least 400 g of non-starchy fruits and vegetables (NSFV) per person per day and assess the adequacy of household NSFV expenditure in Port Vila, Vanuatu.

**Methods:** NSFV prices from the 2010 Vanuatu Consumer Price Index ( $n = 56$ ) were assessed to determine the minimum monthly cost of purchasing 400 g of NSFV per person. The 2010 Vanuatu Household Income and Expenditure Survey (578 households) was analysed to determine the proportion of households' total and food expenditure required to purchase 400 g of NSFV for all household members. Household NSFV costs were also compared against actual household expenditure on these items. Consumption of own-produce was included within estimation of food expenditure.

**Results:** The minimum cost of purchasing the recommended amount of NSFV was \$16.50 US per person per month. This level of expenditure on NSFV would require an average of 9.6% (SD 6.4%) of household total expenditure and 26.1% (SD 25.6%) of food expenditure. Poorest households needed to allocate 67% of their total food expenditure to purchase sufficient NSFV. Twenty-one percent of households recorded sufficient NSFV expenditure while 23% recorded less than 10% of the expenditure required to meet the WHO recommendations.

**Conclusions:** Achieving recommended intakes of NSFV in Port Vila is largely unaffordable, and expenditure of most households on these items was inadequate in 2010. Addressing fruit and vegetable affordability will be an important consideration in prevention of non-communicable diseases in the Pacific region

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